Little Forest

リトル・フォレスト

3rd dish
Hittsumi

I get a craving for "hittsumi" on snowy days.

Then you take it and tear it into parts. From there you stretch it thin and boil it in a soup.

To make hittsumi, you knead flour with water until it's about as solid as an earlobe, and then let it sit for over two hours.

That way I've got something tasty to eat for when I'm hungry after finishing my shoveling.

If you don't let it sit long enough, your hittsumi won't have any snap to it,

so I prepare it before going snow-shoveling.

CHOP CHOP CHOP CHOP

Lemme see... What was it called, again?

Huh? Wait, isn't this...

squish

Today, I decided to try mixing in wheat bran on a whim.

Sounds so healthy

Whole wheat flour fritters!

2

Place it on a stove with red hot coals.

crack

You can season it with soy sauce and ginger once you come back.

Take some gutted and headless dried sardines, dried shiitake, carrot, daikon, burdock, green onion, taro, cut-up fried tofu, sake, mirin, and water, and throw it together in a pot.

It's so pretty.

...

We were talking about a friend she works with.

All I'm saying is, just because she asks for your help,

Yesterday, I got into a fight with my neighbour, Kikko.

I think I'll go for a bit of a walk.

Who do you think you are?

Ichiko...

...

Not if you really have her best interests in mind, anyway...

doesn't mean it does her any good if you bail her out every time.

You always run your mouth as if you're some know-it-all,

but that's all talk.

even though you don't really know that person?

that you know what's in a person's best interest and what isn't,

I guess that you're just so experienced

So what.

...What?

Have I ever faced anybody so straight on like that? Would I be able to say something like that?

A rabbit...

and the sun starts beaming down, snow falls from the branches.

It stops once there's shade.

plop plop plop

When the clouds drift away,

plop
plop
plop
plop
Heh heh...
Light beams down.
I guess it's because I'm not able to face people straight on, that I came back to Komori!!
!
All right, time to get shoveling.
I'm so stupid.

I'll help shovel, so let's eat it together.

I made some curry.

Welcome back.

S'okay.

Yesterday... I said too much. I'm sorry...

Oh. Is this... bread? Hittsumi?

Oh, yeah, but...

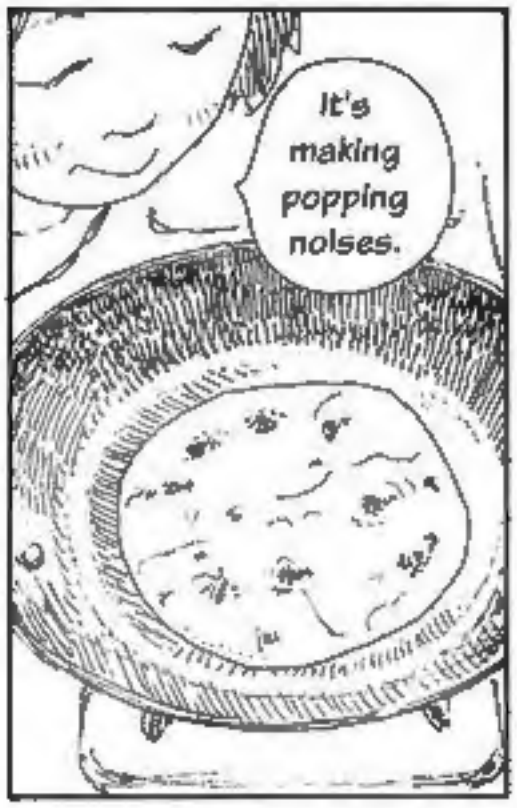
GRSHA GRSHA GRSHA GRSHA GRSHA

I'll heat up the curry.

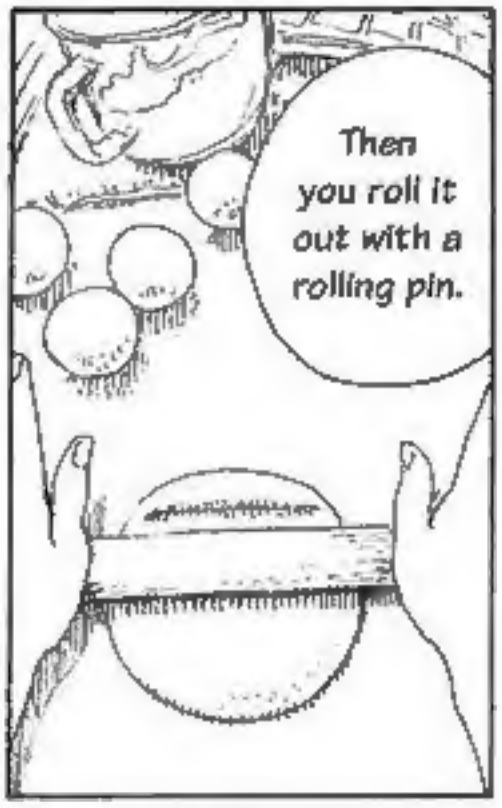
Gimme a minute, I'll get the rice ready.

About this size?
After letting it sit, divide the dough and form it into balls.

Ah, I know!


It's making popping noises.

Cook both sides on high heat in a pre-heated frying pan.


Then you roll it out with a rolling pin.

VWOOON
プクーン
It inflated!
Whoa!

you put it directly on the burner.
And for the finishing touch,
Wait - directly on it? Are you sure it won't...

Oh, like hittsumi, then.

Yup, like hittsumi.

Yeah, although you're actually supposed to leave it overnight before making it.

This is chapati, right?

It looks and smells so good!

Authentic Indian-style curry, loaded with spices!

I know!

Coming up with tricks for making good food really is universal.

Tomorrow's another day of snow-shoveling.

let's eat!

Okay.

Tomorrow will be hit-tsumi again, with a soup that's an old favorite of mine.

3rd dish Hittsumi END

Pumpkin hittsumi cooked with azuki beans and pumpkin

There's all kinds of possibilies for cooking with hittsumi; if you think of it as a substitute for mochi, chances are you won't go wrong. It can go well with ginger and soy sauce, or azuki hittsumi wrapped in anko, or natto. If you just think of it as a type of pasta or gnocchi, then you can make Western-style dishes, too.

If you look up at the sky on a starry night, sometimes you can see the black silhouette of an owl gliding past without making a sound.

It's so quiet that it feels otherworldly, like it's the king of the darkness.